

Student Training Program at Baslambi Village On 1st December, 2017

The workshop was held at Government Middle School. The school principal helped to organize the workshop. It was attended by 50 students of age group 13-17 years of age of classes 6th to 8th.

Method/ tool used:

1. Role play
2. Group Discussions

Class interactive discussion on

- Common issues of adolescents
- Physical and behavioral development of adolescents
- Changes occurs in adolescence age
- Causes of changes in adolescent's age(menstrual cycle and other hormones secretion)
- Mood fluctuation in adolescent age
- How to control irritability at adolescent age.
- Peer pressure
- Substance abuse
- Basic hygiene and cleanliness in daily lifestyle
- Chart and poster making activity on adolescent's issues.
- Role plays on topics which were the part of our discussion.

Topic discussed and learning outcomes

- Interactive discussion was held with the students and information were taken out on adolescents about which they already aware. Additional required and relevant information according to their age was also given to them.
- Physical and behavioral changes in the age of adolescence were also introduced to the students and how to control irritability and negative emotions was also discussed. The objective was to make them comfortable about those changes and help them to deal with them effectively.
- Menstrual cycle was explained among girls and basic hygiene that is required was also introduced. Awareness was created among them regarding uses of sanitary pads and its benefits
- Basic hygiene and cleanliness maintenance was also discussed. Importance of using sanitary pads and harmful effects of using cloth was also discussed.

- Peer pressure was introduced and how it is sometimes plays harmful role in a teenage life was also explained. The concept of bullying was also introduced among them that they normally perform in their daily life many times under the pressure of peer.
- Awareness about harmful effects of substance abuse was also introduced among students and how the peer pressure and external environment plays role in getting addicted was also discussed.

Health and Hygiene Report – Baslambi Village on 1st December 2017

The workshop was held at primary school. The principal helped in organizing the workshop. There was an approximate of 40 students from classes 1st to 5th between the age ranges of 6 years to 10 years. Students were educated about the meaning of hygiene and well being. They were given tips to maintenance of oral hygiene, hair hygiene, ear hygiene, water hygiene, food hygiene and sleep hygiene.

Information about the causes of diseases like malaria, dengue and Chickungunea were given and students were told about the importance of changing water in the coolers, pots, coconut shell etc. They were engaged in various group activities to facilitate the learning.

The importance of washing hands before and after eating using soaps and sanitizers, clean towels and sleeping on clean bed sheets were elaborated on. They were educated about taking care of the their well being such their eyes, teeth, taking shower regularly, cutting nails of both hands and feet and wearing clean clothes. They were engaged in various group activities to facilitate the learning.